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Bangalore Mirror

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IF TRASHING WERE A SPORT

Volunteers have to clear 10 sacks of litter around M Chinnaswamy Stadium as cricket fans forget about civic discipline

PAGE 4

FOR THE RECORD

Wheels of process to document Bengaluru's biodiversity turn finally; documentation will take one year if kicked off now

PAGE 6

Viral video of couple at Metro station sparks discussion on need to strike a balance, one that respects individual expression, while honouring shared nature of public spaces

CODE OF CONDUCT

Residential area's plight with goons taking over streets also points to need for reflection

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A recent video captured at the Madavara metro station, showing a young couple engaged in behaviour that can make many uncomfortable amidst a crowd of fellow commuters, has opened up a conversation about the role of citizens and conduct expected in shared public spaces.

While reactions to the video, which has since gone viral, range from outrage to calls for stricter regulation, many civic thinkers are encouraging a more reflective approach, one that shifts the focus from moral policing to civic mindfulness.

They said that in a diverse and densely populated country like India, public spaces are among the few truly democratic environments we share -- metro stations, parks, sidewalks, and other communal areas -- where people from all walks of life converge. These spaces function as collective ground, where different cultures, generations, and social norms intersect, they have pointed out.

According to the thinkers, in such environments, the focus is not solely on personal freedoms, but on how those freedoms are exercised with a sense of awareness and consideration for others.

It's about striking a balance, one that respects individual expression while honouring the shared nature of the space and the diverse sensibilities of the people around us.

> "As our cities expand, so should our understanding of how to live in them with responsibility and care. It's about fostering a culture of mutual respect, not one rooted in policing or public shaming
>
> — Human rights activist

Civic mindfulness needed

Under the Hebbal Police Station limits, residents near the Tryambaka Temple in Ayyappa Nagar are living in fear following the circulation of a video

CONTINUED ON PAGE 8 »

Point to note

Frequent UPI outages push many in city back to shelling out cash

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In a city that was rapidly moving towards a less cash economy, frequent Unified Payments Interface (UPI) outages are now pushing both consumers and shopkeepers back to the basics: Cash. From tea stalls to restaurants, and street vendors to grocery stores, people are finding themselves stuck in everyday transactions because their digital payments are simply not going through.

"I went to buy a sandwich near my office and tried paying via UPI, but the transaction kept failing. Finally, when it showed 'payment successful', the shopkeeper said he didn't receive anything," said Priyanka R, a techie in Koramangala. "I didn't have cash and he refused to give credit. I had to leave the food behind after waiting 20 minutes."

PAGE 7: NEW RULE

UPI, once hailed as the backbone of India's digital revolution, is now frustrating users with repeated outages, delayed notifications, and failed transactions. While consumers are often left embarrassed and helpless, vendors and small shopkeepers are bearing the brunt too.

Ramesh Yadav, who runs a juice stall in Indiranagar, said, "In a day,

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Playful twist

Svasti Art Foundation is presenting 'When Gods Party…!', a dance theatre production featuring a playful and lighthearted celebration of gods.
Where: ADA Rangamandira, JC Road;
When: April 25, 6.15 pm

02 Journey within

Ranga Shankara is presenting 'HELLO TO EMPTINESS', a performative reflection on social vulnerability and how we deal with grief.
Where: Ranga Shankara, JP Nagar;
When: April 15 and 16, 7.30 pm

03 Art of storytelling

BIC is organising a conversation on 'Heart Lamp: Selected Stories', where author Banu Mushtaq will delve into fearless storytelling and her portrayal of women navigating faith, family, and societal expectations in southern India.
Where: Bangalore International Centre, Domlur;
When: April 20, 6 pm

04 Soulful music

HSBC is presenting a concert featuring legendary singer Hariharan and globally renowned flute virtuoso Pandit Hariprasad Chaurasia.
Where: Courtyard, Phoenix Marketcity;
When: May 4, 7 pm

05 Divine rhythm

Chiguru Nrithyalaya is presenting a Bharatanatyam performance to bring to life the divine essence and multifaceted nature of Lord Ayyappa.
Where: Ravindra Kalakshetra, Sampangi Rama Nagar;
When: April 27, 6 pm

Festive spirit

Devotees gathered in large numbers to celebrate the Karaga festival, a vibrant celebration of Karnataka's cultural heritage

PICS: KAUSHIK JN

State yet to receive final SEP report

1,000-page English report is complete, Kannada translation remains pending; in case of delay, government proceeds with English version, say sources

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The much-anticipated report by the State Education Policy (SEP) committee has once again been delayed, with the panel seeking an extension until the end of May to complete the process. Headed by education expert Prof Sukhadeo Thorat, the committee was expected to submit its final recommendations in February 2024. However, the delay has led to confusion amongst students, parents, and academic institutions, especially as the new academic year is set to begin in June.

According to sources in the Department of Higher Education, while the panel has completed a comprehensive 1,000-page English version of the report, the Kannada translation is still pending. "We've received a request for an extension till the end of May to complete the translation work. The final decision on extending the committee's tenure lies with the state government," said a senior official from the department.

Key focus areas of the SEP report

- Vocational and skill education
- Distance and open learning
- Privatisation of school education
- Issues related to teacher recruitment

> **"We've received a request for an extension till the end of May to complete the translation work. The final decision on extending the committee's tenure lies with the state government**
>
> –Senior official from the Higher Education Department

Delay in final report

This marks the second time the committee's tenure has been extended. Originally formed in October 2023 to chart out Karnataka's own State Education Policy, replacing the National Education Policy (NEP) 2020, the committee had already submitted an interim report in which recommendations regarding third and fourth-year undergraduate courses were made. The final report is expected to cover reforms from pre-primary to higher education. "In case the Kannada version takes longer, the government may proceed with the English version of the report to ensure no delay in implementation," the official added.

The delay in submission is reportedly due to time-consuming translation work and funding constraints. While the English version is complete, committee members have communicated that they need more time to ensure accuracy and clarity in the Kannada version.

The state government, which is keen to roll out the SEP from the 2025–26 academic year, is yet to take a formal decision on whether the committee's tenure will be extended again. The Higher Education Department has escalated the matter to the Chief Minister's Office for a final call.

Based on the upcoming report, sweeping changes are expected in learning methodologies, curriculum design, and course structures across education levels in the state.

As uncertainty looms, academic institutions are anxious about upcoming changes. However, department sources have urged all stakeholders not to panic. "There's no need for confusion or concern. The report's English version is ready, and if needed, action will be initiated based on it," an official assured.

First-of-its-kind inclusive tennis centre inaugurated

Centre sets new inclusivity standards in sports through government, civil society, and corporate collaboration, says Minister for Food, Civil Supplies and Consumer Affairs

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Maarking a historic milestone for parasports in India, the Deuce Tennis Centre (DTC), nation's first-ever Centre of Excellence for Wheelchair Tennis was inaugurated at Sidlaghatta, Chikkaballapura, on Saturday. The event witnessed a vibrant and inspiring ceremony hosted by Astha, a non-profit organisation championing the rights and inclusion of people with physical disabilities. Funded through a Corporate Social Responsibility (CSR) initiative, the launch signalled a transformative step towards building an inclusive sporting ecosystem in the country.

Shilpa KP and Srinath Prahlad were felicitated by Minister KH Muniyappa at the inauguration of DTC

The event brought together a distinguished panel of guests, government officials, athletes, and community leaders committed to redefining accessibility and excellence in Indian tennis. Shilpa KP, National Women's Champion and International Tennis Federation-ranked 96th Wheelchair Tennis Player, along with Srinath Prahlad, former Indian Davis Cupper and Asian Games medallist, served as the guests of honour.

The program featured the unveiling of the DTC logo, a demonstration of elite wheelchair tennis led by Srinath Prahlad, and a musical narration of DTC's journey by Vaishnavi Hangal, accompanied by students from Gangubai Hangal Sangeet Vidyalaya and volunteers of Astha.

Speaking at the event, CA Sunil Jain, Chairman of DTC, emphasized that DTC is more than just a facility, it is a mission to foster a democratic tennis culture where individuals of all abilities can flourish. "Tennis is often seen as an individual pursuit, but DTC embodies the belief that it's a team journey," he said.

KH Muniyappa, Minister for Food, Civil Supplies and Consumer Affairs, stated that the Centre of Excellence is a significant source of pride for Karnataka. "It sets a new standard for inclusivity in sports and shows what's possible when government, civil society, and corporate entities work together for a common cause," he said, while adding that the government would support the endeavours of DTC.

CRIME FILES

Jeeva case: CID officer indicted

The Special Investigation Team (SIT), formed by the Karnataka High Court, has submitted a detailed 2,300-page report indicting Deputy Superintendent of Police (CID) Kanakalakshmi for botching the investigation that allegedly led to the suicide of advocate Jeeva, an accused in the Bhovi Corporation scam.

Constituted in December last year, the SIT included CBI SP Vinayak Verma and DCPs Hakay Akshay Machindra and Nisha James. Their probe received high praise from the High Court, which noted in its order, "The perusal of the report indicates that the SIT has performed a commendable job in carrying out a fair and impartial investigation. The manner of investigation is unique and a first of its kind. This Court places its appreciation on record."

The Court, however, clarified that its appreciation was limited to the process of investigation, not the merits of the case itself.

The SIT found that several key allegations made by Jeeva in her 13-page death note were substantiated, including claims of mental harassment and misconduct by the CID officer. However, the financial allegations, such as a ₹25 lakh bribe demand, were not fully corroborated and deemed hearsay in parts of the FIR.

Critically, the probe exposed serious lapses in the CID's handling of the case. Despite a High Court directive, crucial records, including CCTV footage and other evidence, were either not maintained or tampered with.

It was revealed that Kanakalakshmi manipulated investigation records and fabricated documents to mislead both the court and investigating agencies.

The SIT had to rely on the Forensic Science Laboratory (FSL) to recover deleted video and voice recordings, which confirmed several of Jeeva's allegations. Based on these findings, DySP Kanakalakshmi was arrested on March 11. Advocate Jeeva, aged 33, died by suicide on November 21, 2024, leaving behind a detailed note accusing Kanakalakshmi of physical and mental harassment, including being forced to strip during interrogation and pressure to pay a bribe.

The complaint

After Jeeva's death, based on a complaint lodged by Jeeva's younger sister, S Sangeeta, an FIR was registered at Banashankari police station against CID deputy superintendent of police Kanakalakshmi. Sangeeta's complaint states that on November 14, Jeeva visited the CID headquarters on Palace Road.

"The high court had directed police to question Jeeva through videoconference between November 14 and 23. Instead, cops directed her to appear before DySP Kanakalakshmi, and Jeeva accordingly went to the CID headquarters on November 14. That day, Kanakalakshmi stripped her, stating Jeeva could have hidden cyanide beneath her undergarments. Further, Kanakalakshmi took Jeeva to her wood material shop in Peenya for a spot investigation, and there, she insulted the businesswoman before everyone," Sangeeta's complaint copy read.

Techie from Hebbal tries to set himself on fire

A 26-year-old software engineer, identified as Zubair from Hebbal, attempted to immolate himself near Raj Bhavan on Sunday evening, allegedly over harassment by his wife. The incident occurred around 4:30 pm when Zubair walked into the Raj Bhavan entrance carrying a backpack, pulled out a petrol bottle, and poured it on himself. Security personnel quickly intervened, doused him with water, and handed him over to the Vidhana Soudha police.

During questioning, Zubair claimed he was driven to despair after his wife filed a dowry harassment case against him in Chikkaballapura and allegedly assaulted him. He also alleged that the police refused to register his complaint despite a medical report.

The Vidhana Soudha police have booked him under a public nuisance case and are conducting further investigation after summoning his parents for counselling.

Police track molester via CCTV

A 29-year-old cab driver, who had gone absconding after molesting a student in Sadduguntepalya late on the night of April 3, was tracked down and arrested by a special police team in Kozhikode, Kerala.

The accused, identified as Santosh D, worked as a cab driver in Brookfield and resided with his mother and younger brother in Tilak Nagar's Gulbarga Colony. According to police, Santosh was intoxicated and wandering the streets when he spotted two girls walking home. He allegedly molested one of them before fleeing the scene.

Although the victim did not approach police with a complaint, the incident was captured on a CCTV camera installed at a nearby residence. The homeowner alerted authorities, and the footage soon went viral on social media, prompting the police to register a suo motu case.

In the days that followed, police reviewed footage from over 150 CCTV cameras to trace the suspect. The special team, relying on digital trails and CCTV analysis, eventually arrested Santosh from his friend's house in Kozhikode on Sunday. He has since been brought back to Bengaluru and is currently in custody.

Premium FAR sparks backlash

The Citizen Action Forum has strongly opposed the government's draft policy on Premium Floor Area Ratio (FAR), which allows developers to construct additional floors beyond the zonal limit by paying a fee. In a letter to the Additional Chief Secretary of the Urban Development Department, the Forum raised concerns over the policy that permits up to 60% additional FAR by paying 28% of the guidance value, enabling construction of high-rises that exceed standard limits.

The Urban Development Department had issued a draft notification last month, proposing the sale and purchase of premium FAR in Bengaluru and surrounding areas. This policy allows even ongoing or approved projects to purchase additional FAR and construct extra floors by paying the required fee based on the guidance value.

Calling the move anti-people, the Forum said the policy would lead to dense, high-rise clusters in already congested areas, putting immense pressure on civic infrastructure such as water supply, drainage, and roads.

Narrow 9-metre roads would struggle to handle increased traffic due to taller buildings, and issues like rainwater runoff and flooding would worsen. Criticising the policy as developer-friendly, the Forum added it undermines public interest and affects the rights of landowners who give up land in return for TDR (Transferable Development Rights) certificates.

Prisons add Ambedkar, Buddha days

After a plea by Bengaluru-based social activist Narasimhamurthy, the state government has asked the prison department to add Dr BR Ambedkar's birth anniversary (April 14) and Buddha Poornima (May 12) to the list of special days when sweets are given to inmates.

Previously, sweets were provided on 15 occasions annually, including Republic Day, Independence Day, Ugadi, Gandhi Jayanthi, Deepawali, and Christmas, among others.

Highlighting the omission of these two significant events that honour contributions to social justice and equality, Narasimhamurthy had petitioned the Chief Minister and Home Minister, even warning of a hunger strike if the demand was not met. Responding to the appeal, the state has now officially included both days in the prison celebration calendar. The initiative is expected to cost the exchequer around ₹5 crore under the department's diet expenses.

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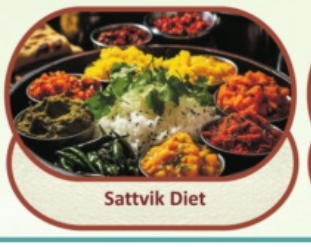
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Remains of a day of sport: 10 sacks of litter

Volunteers spend hours to clean up areas around Chinnaswamy Stadium trashed after the match, stress waste management is shared responsibility

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The volunteers of The Indian Ploggers Army cleared 10 sacks of litter found around the premises of M Chinnaswamy Stadium on Sunday.

Volunteers stated that while those in charge of M Chinnaswamy Stadium maintain cleanliness within the stadium, no measures have been taken to address plastic waste around its premises.

Contaminated waste hinders recycling

Advik, a student plogger, observed that numerous plastic bottles were found during the cleanup, while some were clean and recyclable, many others were contaminated with mud, food, or liquid, making recycling challenging. "It was the same with food containers, unwashed and stinky. The quick fix is that people have to just wash and dry the empty containers before binning. It helps recycling and supports our pourakarmikas," he said.

Rahul, a volunteer, emphasized that managing waste is our shared responsibility. "I would request all the street vendors, T-shirt sellers, and snacks vendors to take the responsibility and make sure all the trash is collected and disposed of in the right ways," Rahul said.

Efforts to prevent littering

Plog Raja, founder of the Indian Ploggers Army, expressed satisfaction with the cleaner stadium interiors, acknowledging the efforts of authorities to prevent spectators from littering inside. "Most of the litter we found was the stuff used by spectators which include plastic bottles, plastic covers, and paper cups," he said. He suggested that Bruhat Bengaluru Mahanagara Palike (BBMP) authorities should penalise roadside vendors who indiscriminately discard litter on the streets. "It would be a game changer, if the organisers and cricket players convey a message on the importance of keeping the inside and outside of the stadium clean. There have been instances wherein football players and fans have cleared the trash post matches," said Plog Raja.

Trash collected by the volunteers of The Indian Ploggers Army from the premises of M Chinnaswamy Stadium; Plastic waste was found wedged between a tree trunk

> **"It would be a game changer, if the organisers and cricket players convey a message on the importance of keeping the inside and outside of the stadium clean**
>
> –Plog Raja, founder of the Indian Ploggers Army

30,000 plots to be developed in SK Layout

BDA addresses concerns on plot allocation by imposing restrictions, announcing applications for distribution only after resolving land acquisition issues

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The construction of Dr Shivaram Karanth (SK) Layout in the northern part of the city is progressing rapidly, with the development of 30,000 plots underway. Contractors have been given a three-month deadline to complete the remaining work. Since the establishment of the Nadaprabhu Kempegowda Layout, the Bangalore Development Authority (BDA) has not undertaken the construction of any new layouts or distribution of plots. As a result, residents are eagerly awaiting the opportunity to purchase plots in the SK Layout.

Recently, the Supreme Court granted the BDA permission to acquire approximately 200 acres of land, further aiding in the development of the layout

A BDA official noted that more than 30,000 plots are being developed in the layout, with approximately 16,000 to 17,000 plots allocated for farmers. The official highlighted that most plots are 30x40 or 40x60 square feet in size. There are also over 4,000 corner plots. The official added that around 7,000 to 8,000 plots will be distributed to the public, at a rate of 4,900 per square foot. "The work was supposed to be completed by the end of April. Currently, about 80% of the work has been finished. Contractors have been given a deadline to complete road construction, pipeline installations, and other pending tasks," the official added. Recently, the Supreme Court granted the BDA permission to acquire approximately 200 acres of land, further aiding in the development of the layout.

"Among the nine sectors of the layout, work in some sectors is 90% complete, while in others, it's about 80% done. Streetlights have been installed, and roads have been marked within the blocks. Water connections and sewer pipeline installations are currently in progress," the official said. Concerns were expressed about plots being allocated prior to resolving land acquisition and other associated issues. To address these concerns, the BDA imposed restrictions and announced that applications for plot distribution would only be invited after an official notice was issued. This issue is still pending in court, and once the court provides an order, applications for plot distribution will be invited. All preparations are in place, according to BDA sources.

2,782 acres for layout development

In 2008, the final notification for the acquisition of 3,546 acres of land for the Shivaram Karanth Layout was issued. Of the acquired land, 2,782 acres have been developed into plots. Land was acquired from farmers across several villages, including Ganigarahalli, Kalatammanahalli, Lakshmipur, Somashettihalli, Kemmapura, Ramagondanahalli, Harohalli, Avalahalli, Guni Agrahara, Medi Agrahara, Shamrajapura, Veerasagar KB Kaaval, Dodda Bettahalli, Waderahalli, Kempanahalli, and Ballakere.

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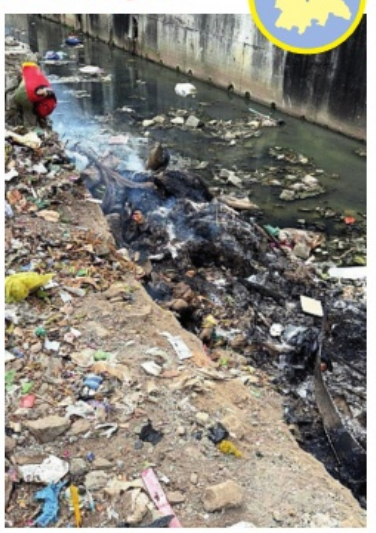
Safety hazard
Yelenahalli

Trash accumulation, broken footpaths, and large potholes on Ganga Street, Begur Koppa Road, pose serious risks to Yelenahalli residents. These issues have remained unaddressed for years.

Garbage crisis
Victoria Layout



Garbage burning continues on Palmgrove Cross Road, Victoria Layout, despite multiple complaints. Authorities are yet to take action.

Neglected roads
Kithiganur

For over 20 years, Kithiganur, TC Palya, and areas in Halehalli have lacked proper footpaths and development. Dusty, neglected roads remain a persistent issue.

VAT composition scope reduced

The Karnataka High Court determined that the composition scheme under the Karnataka Value Added Tax Act cannot be utilised to tax turnovers outside legislative jurisdiction.

The Court nullified the contested tax demand Order challenged by an Assessee via Sales Tax Appeal under Section 66 of the Karnataka Value Added Tax Act, 2003. The Appeal centred on disputes regarding land cost inclusion in works contract values, validity of suo moto revisions under Section 64, and reopening of finalised assessments under the 'Karasamadhana Scheme'.

A Division Bench comprising Justice Krishna S Dixit and Justice Ramachandra D Huddar stated, "Further, in terms of section 15(4) of the Act, the only item that is excluded is input tax credit as composition schemes are normally done to tax turnover without input tax as a simple alternative to regular tax payments. Composition schemes cannot be converted into a scheme to tax turnovers not falling within the legislative competence."

Senior Advocate V Raghuraman represented the Appellant, whilst AGA Aditya Vikram Bhat appeared for the Respondents.

The case involved M/S Fortious Infradevelopers LLP (Appellant), a Limited Liability Partnership engaged in civil works, residential and commercial complex construction. The Appeals stemmed from Orders by the Additional Commissioner and Assistant Commissioner of Commercial Taxes regarding reassessment orders for various periods. The Bench clarified, "It is clarified that while computing the total consideration on which the dealer is liable to pay tax under the composition scheme, the same would not include the amount received from the customer towards their undivided share in land. However, in the case of joint development projects, this exclusion would not be applicable." —BMB

IN HIGH COURT

HC directs repatriation

The Karnataka High Court has instructed state officials to transport 22 children by air from a Bengaluru children's home to Meghalaya, following a food poisoning incident at a school that resulted in two fatalities and numerous hospitalisations.

Justice M Nagaprasanna issued these instructions whilst concluding a writ petition filed by 23 petitioners, comprising parents and legal guardians of the affected children from Meghalaya.

Case background

The petitioners requested the immediate release of their children from government custody and their return to their families. The incident occurred on March 16, during Holi festivities at Gokula Educational Trust in Bengaluru. The celebration resulted in a tragedy when contaminated food caused food poisoning, leading to two children's deaths and several hospitalisations. Subsequently, the State took 22 children into custody, placing them under DCPO Rashmi S, as per the Juvenile Justice Act, 2015.

Arguments presented

The petitioners contended that continued institutional care was unnecessary as parents were prepared to resume custody. They informed that the parents were travelling from Meghalaya, expected to arrive by April 10, 2025. —BMB

Ex-Servicemen battle medicine shortages at ECHS Polyclinic

Veterans and their dependents are left frustrated as healthcare center struggles with frequent medicine shortages, forcing them to buy from private stores and deal with reimbursement hassle

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Hundreds of ex-servicemen and their dependents visit the Ex-servicemen Contributory Health Scheme (ECHS) Polyclinic situated near the Command Hospital in the city. The purpose of the ECHS Polyclinic is to provide quality healthcare for ex-servicemen pensioners and their dependents. Though the staff members at the ECHS Polyclinic have been trying their best to provide quality healthcare, a shortage of medicines has become a cause of concern among the ex-servicemen and their dependents who visit the Polyclinic near the Command Hospital.

Though the ex-servicemen, who need medicines, could afford to wait for hours on the premises, but find it tough to buy medicines that are not available from private medical shops.

Some of the ex-servicemen complain that the shortage of medicines at the Polyclinic has become a routine.

They said that they have to spend time and money to visit the ECHS Polyclinic and submit medical bills for reimbursement. "I went to get medicines for my mother. The staff at the pharmacy counter told me that five medicines out of 14 medicines are not available. I have to buy these medicines from private medical stores and submit the bill for reimbursement. I want the authorities concerned to procure sufficient quantities of medicines in advance to avoid inconvenience to the patients," said Satish, son of Nilaja Bharama Ningappa, who was an ex-serviceman.

85-year-old retired Major Dalip Kumar Ghosh had to rely on his daughter to collect his medicines, as his health condition prevented him from travelling. "I was shocked to know that 28 out of 40 medicines are not available. I can afford to contact higher authorities to redress my grievances. What about ordinary ex-servicemen? Who will help them if most of the medicines are not available?" said Dalip Kumar Ghosh.

He said the staff at the ECHS Polyclinic told my daughter that medicines such as Vitamin E (Evion) 200 mg, Escitalopram 10 mg, Fluticasone Propionate Nasal spray, Latanoprost eye drops, Baclofen 10 mg, Modafinil 100 mg, Rosuvastatin 10 mg, Ascorbic Acid 500 mg, Baclofen 5 mg, Zinc with B Complex, ED Carboxymethyl Cellulose, Cotton Absorbent 500 mg, Diclofenac Gel 1%, Diltiazem 30 mg, Pancreatin Minimicrosp, Respules Ipratropium, Sucralfate, Ursodeoxycholic Acid, Vitamin B Complex with a minimum concentration Vit B1-5 mg, Silodosin 5 mg, Paracetamol 650 mg, Respule Levosalbutamol, Forglyn, Scrotal Suspensory, Syp Cremaffin Plus, Duloxetine, Fluticasone Furoate, and Novopen Needle, are not available.

"I have to depend on my daughter or another person to get medicines from the ECHS Polyclinic. I want the authorities concerned to ensure that all medicines are available at the Polyclinic," he said.

> **"They can reimburse the money spent to buy medicines that are not available at Polyclinic from private medical stores** –GC Naren, ECHS Polyclinc

When contacted, Group Captain Naren, Officer In-charge of the ECHS Polyclinic, said that around 800 ex-servicemen and their dependents visit the Polyclinic every day. "We have been striving to attend to all the patients and provide medicines. They can reimburse the money spent to buy medicines that are not available at the ECHS Polyclinic from private medical stores," said Group Captain Naren, adding that he is not authorised to speak to the media.

He advised contacting the Public Relations Officer of the Command Hospital. However, the PRO of the Command Hospital was not available for comment.

IN BRIEF

CREDAI seeks policy reforms

CREDAI Bengaluru has requested that the state government consider its recommendations on multiple issues it has raised over the last two years, outlining various concerns that city developers face.

CREDAI Bengaluru emphasises the need for continued clarification and refinement in these initiatives. "One pressing challenge that, however, remains unresolved is the revalidation sought in respect of the old TDR certificates (Transferable Development Rights), which takes a lot of time to be included in the plan sanction process. CREDAI Bengaluru highlighted the significant impact of these issues on project timelines and costs and suggested that old TDR revalidation processes be streamlined. This would involve the elimination of redundant reviews and implementing guidelines for modified sanction plans that mandate TDR purchase before granting Occupancy Certificates. Such measures would ensure efficiency while enabling developers to focus on timely project completion," said Amar Mysore, President, CREDAI Bengaluru.

He said that he also urged the authorities to pay attention to the delays caused by the current multi-agency approval system for high-rise developments. "We have suggested the introduction of a single-window mechanism, as outlined under Section 32 of the RERA Act, to consolidate about 10-15 approvals that we otherwise will have to take individually from various departments. The platform would not only reduce administrative bottlenecks but also drive coordinated reviews, streamline digital documentation, and ensure fair, standardised fee structures for obtaining NOCs," he said.

He said that another critical issue pertains to height restrictions enforced through NOCs from Jakkur Aerodrome. "The CREDAI Bengaluru is of the view that the recreational nature of this private airstrip should exempt developers from such mandates, particularly for projects along the airport road that impact investor perceptions. Exempting these requirements would foster a more conducive environment for growth in key urban areas," he added. —Y Maheswara Reddy

BBMP to revive biodiversity register after 15 years

Biodiversity panel to meet next week to finalise funds for updating long-pending inventory

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The budget also covers field data collection with BMC experts

The Bruhat Bengaluru Mahanagara Palike (BBMP) will soon convene a meeting of the Biodiversity Management Committee (BMC) to zero in on the budget requirements to catalogue Bengaluru's remnant biodiversity as soon as possible.

"A meeting of BMC members has been scheduled for the coming week to discuss the budget requirements for updating the city's People's Biodiversity Register (PBR), a repository of traditional knowledge and local biological resources. A budget proposal was submitted to the Urban Development Department (UDD) last year, but it was rejected due to unforeseen reasons," said BLG Swamy, Deputy Conservator of Forests, BBMP.

In May 2024, BMC submitted a zone-wise budget plan of Rs 118.9 lakh, documenting the city's biodiversity across all eight zones.

The financial plan encompassed various activities including formation of zone-wise BMCs, public sensitisation, surveys and possible management strategies, training of members in identifying and collecting data on biological resources and traditional knowledge, analysis and validation of data in consultation with a technical support group, preparation of the People's Biodiversity Register (PBR), and computerisation of information and resources. It will also include documentation of heritage sites in the city.

> **"We are clueless about current status. We do not know if there are some flora and fauna in the city that are endangered or on verge of extinction**
>
> –BMC member

The budget will also cover the strenuous task of data collection by field experts in consultation with BMC members.

According to the draft budget document, data collection will include a review of literature on the natural resources of the districts, Participatory Rural Appraisal (PRAs) at the village level, household surveys, individual interviews with village leaders and experts, NGOs, and direct field observations.

"We gave an estimate considering the requirements of human resources and institutions in the process. The estimate also accounted for technological requirements for surveys and collection of in-field data, along with travel expenses. Since the estimate was done only last year, the revised budget requirement for updating PBR should be the same with minor changes," said Akshay Heblikar, Founder of Eco Watch and a member of Bengaluru's BMC.

Notably, Bengaluru created its first PBR in 2009-2010 with the help of the city's first BMC, which was formulated in 2009. However, the document, a mandate under the Centre's Biological Biodiversity Act (BDA) 2002, has not been updated since then.

Once set in motion, the process to document Bengaluru's biodiversity should take at least a year, say BMC members.

"We are clueless about the current status. We do not know if there are some flora and fauna in the city that are endangered or on the verge of extinction. We need to conduct the exercise as soon as possible to implement suitable conservation measures," said a BMC member.

Rare wildcat found near Nelamangala

A rare hybrid wildcat has been discovered on farmland near Hanchakallu Gunte in Maralukunte village, Nelamangala taluk. The feline, spotted with a striking golden-yellow hue along its spine, has been identified as Karnataka's first hybrid wildcat species. According to biodiversity researchers Manjunath S Naik, S Sunil Kumar, C Raghukumar, and S Kuldeep, the animal displays unique traits unlike any seen before. Wild cats are typically nocturnal, rarely appearing in human presence. However, this particular wildcat stood out due to its distinctive body markings. "It has 299 identifiable stripe patterns on the inner side of its legs and the lower jaw area," said researcher Naik. "This is the first time we've recorded such characteristics, confirming it as the state's first documented hybrid wildcat." The Maralukunte region is known for its rich biodiversity, home to numerous bird species.

BCU welcomes new V-C

Bengaluru City University Vice Chancellor Professor Lingaraja Gandhi, after completing his four-year tenure, formally handed over charge to Professor KR Jalaja. Professor Jalaja, Senior Dean of the Faculty of Commerce, has been appointed as Acting Vice Chancellor by the Governor of Karnataka. The ceremony was attended by BCU Registrar T Javaregowda, Registrar (Evaluation) Professor B Ramesh, and members of the BCU Syndicate, including KP Patil, Dr H Krishnarama, Dr Francis Almeda, Shivakumar, Professor Lakshminarayana, along with Academic Council members, Deans, faculty, and staff.

NOTES FROM THE FIELD

Securing future

Chief Minister Siddaramaiah recently shared the reason behind his decision to quit farming. He said, "While studying BSc, I dropped out and returned to my village to try farming. One day, my neighbour plowed my land, and in a fit of anger, I decided to plow his land in retaliation. To my surprise, he was the chairman of our village. It escalated into a big issue, and I had to stop farming. I share this because if you don't secure the borders of your farmland, it leads to many problems."

Police dog presents sapling

During the first-ever exclusive parade by Home Guards held at the CAR Grounds on Mysuru Road on Friday last, police dog Gimmy presented a sapling to Commissioner Dayananda as part of National Pet Day celebrations. The Commissioner acknowledged the gesture with a salute to the canine, earning applause from the gathering. During the event, Commissioner Dayananda also took the opportunity to honour police officers and staff who performed exceptionally during the month of March. Commendation letters were distributed in recognition of their service.

Damage control

Karnataka's Home Minister Dr G Parameshwara recently found himself in hot water after brushing off a case of harassment involving a young woman by saying – wait for it – "These things happen in big cities." The comment came after an incident on April 3, when a youth allegedly behaved inappropriately with a woman in Bengaluru. When asked about the incident by journalists, the Minister responded, "In big cities, such things keep happening here and there. Naturally, such incidents attract public attention. But that doesn't mean we'll let it go – legal action will be taken." Sensing the heat, the Home Minister promptly pivoted to damage control mode. In a follow-up statement, he clarified that his words were "misinterpreted" and that he holds the "highest regard for women."

Protests and price hikes

It's been a week of protest ping-pong in Karnataka! First up, the BJP hit the streets, slamming the State Government for price hikes. Slogans, placards, and plenty of finger-pointing. But plot twist — the Centre, led by their party, decided to bump up LPG cylinder prices by 50 and hike excise duties on petrol and diesel by 2. Reacting to this, CM Siddaramaiah said, "While international crude prices are cooling down, the Union Government is busy turning up the heat on the common man. And now, BJP leaders want to act surprised? Please." The CM threw in a dose of sarcasm too: "Maybe someone can explain to them how fuel hikes push up prices on everything from rice and dal to your favourite dosa at the local hotel?" His final mic drop? "Dear BJP, you've got two options: Either convince your boss in Delhi to roll back the hikes, or pack up your Yatra and go home. If not, get ready to face actual public outrage — not the rented kind."

School stories

Deputy Chief Minister DK Shivakumar took a trip down memory lane, sharing how even the mighty Chief Minister Devaraj Urs couldn't help him secure a school seat back in the day! "NPS had handed me a TC, saying I was too naughty. The head of NPS, KP Gopalakrishna, told my parents he wouldn't take me, but might consider me for 8th. My folks weren't ready to give up. Determined to get me back into NPS, we reached out to Kanakapura MLA S. Kariyappa. Believe it or not, we hired an Ambassador car for Rs 5 and drove to Bengaluru to meet the then Education Minister Mallikarjuna Swamy. He summoned Gopalakrishna and asked him to give me a seat." But the saga didn't end there. "When that didn't work, we went straight to the top—to CM Devaraj Urs himself. Urs called Gopalakrishna in for a closed-door meeting at Balabrooie. I thought my seat was confirmed. But Urs came out and said, 'DKS, don't go back to NPS. Enroll at Vidyavardhaka School instead.' And that's how fate rewrote my school story!"

–Sridhar Vivan

BM SIMPLY PUT

Today we unravel the intriguing web of honey traps

Smooth operator

A Timeless Espionage Tool

In Karnataka's politics, "honeytrap" has become the latest buzzword, with politicians across party lines alleging entrapment in high-stakes conspiracies. From sensational claims to counter-accusations, the term has sparked heated debates, raising concerns over personal vendettas, blackmail, and political maneuvering

What is a honey trap?

A honey trap, also known as a "honey pot" or "honeypot operation", is a covert tactic used in espionage, intelligence, and political manipulation. This strategy involves using seduction, romance, or blackmail to extract sensitive information from a target. Over time, honey traps have played a significant role in diplomacy, warfare, and even corporate espionage.

The infamous Mata Hari: The ultimate honey trap

One of the most well-known figures associated with honey traps is Mata Hari. A Dutch dancer named Margaretha Geertruida Zelle, she captivated audiences with her exotic performances in early 20th-century Europe. However, behind the dazzling facade, she was allegedly working as a double agent during World War I. Accused of passing crucial French military secrets to Germany, she was executed in 1917. Even in her final moments, her enigmatic smile haunted those who ordered her execution.

The ancient origins of honey traps

The concept of using seduction as a weapon is not new. In ancient India, Chanakya, the political strategist behind the Maurya Empire, devised the 'Vishkanya' (poison maiden) strategy. Young women were slowly introduced to poison, making them immune while turning them into lethal assassins. These women were trained in music, dance, and seduction, making them powerful tools for espionage. Even Alexander the Great was warned by his mentor, Aristotle, about the dangers of these deadly courtesans.

Modern-day honey traps

In the contemporary world, honey traps continue to make headlines. Political figures, high-ranking officials, religious leaders, and corporate executives have all fallen victim to such elaborate schemes. With the advent of hidden cameras, smartphones, and sophisticated surveillance methods, honey traps have become more technologically advanced.

How is a honey trap set?

The honeytrap unfolds systematically, starting with the selection of politicians, bureaucrats, or influential figures. Contact is established through social media, events, or informal meetings, followed by romantic conversations, calls, and video interactions to build trust. A private meeting or outstation trip is then orchestrated, where hidden surveillance captures sensitive moments. Finally, the victim is blackmailed with threats of exposure, forcing them to reveal classified information or comply with the manipulators' demands.

Who are the prime targets?

The primary targets of honeytraps include elected officials such as MLAs, MPs, and ministers, bureaucrats and government officers, religious heads and spiritual leaders, top corporate executives, and influential business tycoons.

The business of honey traps

What was once an informal tactic has evolved into a multi-million-dollar operation. With high stakes involved, honey traps are often funded by political adversaries, intelligence agencies, and corporate rivals. The victims not only face public disgrace but also legal repercussions, blackmail, and even career destruction.

Why do people fall for honey traps?

According to psychologists, human vulnerability plays a crucial role in honey traps. Lust, loneliness, and the thrill of secrecy often cloud judgment, making even the most powerful individuals susceptible to such schemes. Mental resilience and awareness are the only defenses against such manipulative tactics.

Web that never fades

Despite technological advancements and heightened awareness, honey traps continue to thrive in political and corporate landscapes. The art of seduction, secrecy, and manipulation has evolved, but the essence remains unchanged—using human weaknesses to gain an advantage. Staying alert, cautious, and mindful of one's interactions is the only way to escape this centuries-old entrapment.

BM Finance Fundas

No more international UPI transactions via QR share & pay, says NPCI

In a circular dated April 8, 2025, NPCI (National Payments Corporation of India) has disabled all QR share and pay-based international UPI transactions, which are P2M (Person to Merchant), effective April 4, 2025. According to the circular, "QR Share & Pay shall not be allowed for all UPI Global P2M transactions and Payer PSP to ensure that Payer UPI app identify the same."

Say you buy something from a shop or merchant who is based abroad. They share their QR code with you to make a

payment, and the same is saved in your phone gallery. Now, if you scan this QR, you will not be able to make any

payments. "However, live or physical scanning of QR codes at merchant locations will still be possible," clarifies Jai

Kumar, co-founder of TechFini.

At present, as per the NPCI website, around seven countries, including France, Mauritius, Nepal, Singapore, Sri Lanka, and the

UAE, accept India's UPI-based Bharat QR payments.

What is QR Share and Pay?

Previously, merchants, especially smaller ones, could send their QR codes via WhatsApp and other social media channels to buyers. Once this would be saved in the user's photo gallery, they could then scan it using their PSP (payment service provider) apps and make the payment. This was possible for merchants based both abroad and within India.

However, going ahead, making QR-based UPI payments internationally will not be allowed through the QR share and pay method. Payment Service Providers (PSPs) have been asked to ensure that their UPI applications identify and block such international QR share-and-pay-based transactions.

As for domestic QR share & pay-based transactions, the circular notes that "QR share & pay shall have a limit of Rs 2,000/- for all P2M (non-verified online merchants) and payer PSP to ensure that the payer UPI app identify the same.

This simply implies that if, even within India, the merchant to whom you are making a QR-based payment is not registered with NPCI, you will not be able to pay them more than Rs 2,000 at once via the QR share & pay method.

Notably, the domestic limits of Rs 2,000 have already been in force for a long time, and the changes have only been introduced for international transactions.

No more collect requests for loading wallets, prepaid cards

The circular further pushes out the loading of wallets or prepaid cards by individuals via collect request. Typically, in a collect request, the merchant initiates the transaction, which then has to be accepted and approved by the customer. In essence, via a collect request, a merchant is collecting or pulling funds from the customers' accounts. In recent times, there have been multiple reported cases of frauds and scams due to collect requests.

Explains Rohit Mahajan, Managing Partner and Founder, plutos ONE, "NPCI has reiterated its decision to phase out the vulnerable 'Collect Payments' option that was specific to unverified merchants. By disabling this feature, NPCI is prioritizing safer alternative forms of transaction via QR code payments and direct push payments".

— ET Online

Mouni Roy's tips to tackle trolling

Actor says best way to deal with online detractors is to ignore their existence

» PAGE 12

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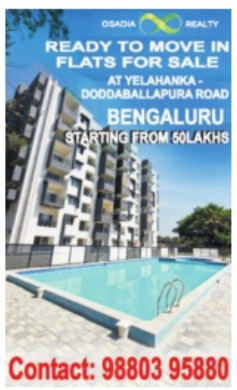

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I, Badami Devi Yadav R/O Flat 3132, Tower 3, Sobha Lake Garden, BharthiNagar, seegehalli village Blr-560049, changed my name from Badami Devi to Badami Devi Yadav for all future purposes.

I Deepak Ajay Mehrotra S/O, Ajay Mehrotra R/o Flat No 212, Ssvr Crescent, Kaithota Main Road Nagondanahalli, Bengaluru Pin: 560066, Karnataka, India have changed my name to Deepak Mehrotra.

I Alexander John Carukancheril S/O, Carunkancheril Alexander Alexander R/o Apartment 703, Tulip Prestige Exotica, Cunningham Crescent Road, Behind Sigma Mall, Vasanthanagar Bangalore - 560001. Karnataka have changed my name to John Alexander.

I Sidhartha Mundasada S/o Basavaraja Mundasada R/o No 24 Bull Temple Road Basavanagudi Bangalore Karnataka 560004 have changed my name to Siddhartha Mundasada For all purposes.

I, Man Mohan S/O, Late. Ram Kanwar R/o A901, Mahindra Windchimes Appt, Bannerghatha Road, Bengaluru 560076 have changed my name to Man Mohan Gupta for all purposes.

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Do you have any cash on you?

CONTINUED FROM PAGE 1

almost 80% of my customers use UPI. But these days, I lose at least 15–20 customers daily because they can't pay and they don't carry cash. My business has gone down by nearly 30%."

Even more concerning is the inconsistency in transaction confirmation. Many users complain that their accounts are debited, but the amount doesn't reflect on the recipient's end.

"I paid Rs 320 for groceries at my local store. The money was deducted from my bank, but the shopkeeper never got it. I showed him the message, but he still didn't give me the items," said Vivek M, a resident of CV Raman Nagar. "I had to spend hours calling customer care and emailing the bank."

The issue, many say, is becoming routine. During peak hours or on weekends, the servers of popular UPI apps often crash or slow down, causing mass confusion at cash counters across the city.

Vendors too are fed up with the lack of support. "We get no help from banks or apps. When a transaction fails, there is no customer service we can rely on. We lose customers and money," said Zeenath Fathima, who runs a small café in Jayanagar. To adapt, many shopkeepers are putting up signs: "UPI Not Working. Please Pay in Cash." Others have returned to insisting on cash for smaller bills.

Economists note that while digital payments will continue to dominate, trust in the system needs to be restored. "Infrastructure needs to be scaled in line with the increasing number of users. Otherwise, people will naturally fall back on cash, which defeats the purpose of a digital economy," said Ramesh Natarajan, a fintech expert.

With UPI outages becoming increasingly common, the country seems to be caught between a digital promise and an analog reality. For now, cash is quietly making a comeback — one failed transaction at a time.

You better behave

CONTINUED FROM PAGE 1

showing rowdies openly consuming ganja and creating public nuisance between 10 pm and midnight. Despite repeated appeals, the miscreants continue to disrupt public peace, leaving locals afraid to step out of their homes after dark. While calls for increased police patrolling have been made, no formal complaint has been filed yet.

Incidents like these bring to light the need for greater civic mindfulness, an understanding and respect for time, place, and the shared nature of public spaces. Areas frequented by children, elderly residents, and people from diverse backgrounds demand a higher standard of behaviour. The situation underscores not only a law enforcement issue but a broader societal responsibility to uphold dignity, safety, and harmony in community spaces.

'Modern cities need modern mindset'

As the city is rapidly modernising, it must evolve not just in terms of infrastructure, but also in civic values and social responsibility. "As our cities expand, so should our understanding of how to live in them with responsibility and care. It's about fostering a culture of mutual respect, not one rooted in policing or public shaming," said a city-based human rights activist.

Incidents like the one in Ayyappa Nagar highlight a larger societal question - As we progress as an urban community, how do we ensure our public spaces are not only efficient, but inclusive, respectful, and safe for all?

Sociologists said rather than assigning blame, such situations offer a moment to reflect on how we engage with public spaces. They emphasised that as our cities become denser and more diverse, it's important to remember that these shared spaces belong to everyone.

HEALTH TIP: Chronic sleep deprivation is linked to an increased risk of hypertension, arrhythmias, and cardiovascular disease

Pomegranate juice benefits for females are many such as it helps in reducing the risk of osteoporosis

Cancer hijacks your brain, steals your motivation

New research reveals how, offering potential avenues for treatment

A cruel consequence of advanced cancer is the profound apathy many patients experience as they lose interest in once-cherished activities. This symptom is part of a syndrome called cachexia, which affects about 80% of late-stage cancer patients, leading to severe muscle wasting and weight loss that leave patients bone thin despite adequate nutrition.

This loss of motivation doesn't just deepen patients' suffering, it isolates them from family and friends. Because patients struggle to engage with demanding therapies that require effort and persistence, it also strains families and complicates treatment.

Doctors typically assume that when late-stage cancer patients withdraw from life, it is an inevitable psychological response to physical deterioration. But what if apathy isn't just a byproduct of physical decline but an integral part of the disease itself?

In our newly published research, my colleagues and I have discovered something remarkable: Cancer doesn't simply waste the body – it hijacks a specific brain circuit that controls motivation. Our findings, published in the journal Science, challenge decades of assumptions and suggest it might be possible to restore what many cancer patients describe as most devastating to lose – their will to engage with life.

Untangling fatigue from physical decline

To unravel the puzzle of apathy in cancer cachexia, we needed to trace the exact path inflammation takes in the body and peer inside a living brain while the disease is progressing – something impossible in people. However, neuroscientists have advanced technologies that make this possible in mice.

Modern neuroscience equips us with a powerful arsenal of tools to probe how disease changes brain activity in mice. Scientists can map entire brains at the cellular level, track neural activity during behavior, and precisely switch neurons on or off. We used these neuroscience tools in a mouse model of cancer cachexia to study the effects of the disease on the brain and motivation.

We identified a small brain region called the area postrema that acts as the brain's inflammation detector. As a tumour grows, it releases cytokines - molecules that trigger inflammation - into the bloodstream. The area postrema lacks the typical blood-brain barrier that keeps out toxins, pathogens and other molecules from the body, allowing it to directly sample circulating inflammatory signals.

When the area postrema detects a rise in inflammatory molecules, it triggers a neural cascade across multiple brain regions, ultimately suppressing dopamine release in the brain's motivation center - the nucleus accumbens. While commonly misconstrued as a "pleasure chemical," dopamine is actually associated with drive, or the willingness to put in effort to gain rewards: It tips the internal cost-benefit scale toward action.

We directly observed this shift using two quantitative tests designed with behavioral economics principles to measure effort. In the first, mice repeatedly poked their noses into a food port, with progressively more pokes required to earn each food pellet. In the second task, mice repeatedly crossed a bridge between two water ports, each gradually depleting with use and forcing the mice to switch sides to replenish the supply, similar to picking berries until a bush is empty.

As cancer progressed, mice still pursued easy rewards but quickly abandoned tasks requiring greater effort. Meanwhile, we watched dopamine levels fall in real time, precisely mirroring the mice's decreasing willingness to work for rewards.

Our findings suggest that cancer isn't just generally "wearing out" the brain - it sends targeted inflammatory signals that the brain detects. The brain then responds by rapidly reducing dopamine levels to dial down motivation. This matches what patients describe: "Everything feels too hard."

Restoring motivation in late-stage disease

Perhaps most exciting, we found several ways to restore motivation in mice suffering from cancer cachexia - even when the cancer itself continued progressing.

First, by genetically switching off the inflammation-sensing neurons in the area postrema, or by directly stimulating neurons to release dopamine, we were able to restore normal motivation in mice.

Second, we found that giving mice a drug that blocks a particular cytokine - working similarly to existing FDA-approved arthritis treatments - also proved effective.
While the drug did not reverse physical wasting, it restored the mice's willingness to work for rewards.

While these results are based on mouse models, they suggest a treatment possibility for people: Targeting this specific inflammation-dopamine circuit could improve quality of life for cancer patients, even when the disease remains incurable.

The boundary between physical and psychological symptoms is an artificially drawn line. Cancer ignores this division, using inflammation to commandeer the very circuits that drive a patient's will to act. But our findings suggest these messages can be intercepted and the circuits restored.

Rethinking apathy in disease

Our discovery has implications far beyond cancer. The inflammatory molecule driving loss of motivation in cancer is also involved in numerous other conditions - from autoimmune disorders such as rheumatoid arthritis to chronic infections and depression. This same brain circuit might explain the debilitating apathy that millions of people suffering from various chronic diseases experience.

Apathy triggered by inflammation may have originally evolved as a protective mechanism. When early humans faced acute infections, dialing down motivation made sense - it conserved energy and directed resources toward recovery. But what once helped people survive short-term illnesses turns harmful when inflammation persists chronically, as it does in cancer and other diseases. Rather than aiding survival, prolonged apathy deepens suffering, worsening health outcomes and quality of life.

While translating these findings into therapies for people requires more research, our discovery reveals a promising target for treatment. By intercepting inflammatory signals or modulating brain circuits, researchers may be able to restore a patient's drive. For patients and families watching motivation slip away, that possibility offers something powerful: hope that even as disease progresses, the essence of who we are might be reclaimed.

(By Adam Kepecs, Washington University in St Louis, The Conversation)

All you need to know about...

Mindful eating

What is it?
Often used interchangeably, many intuitive eating and mindful eating concepts overlap. Mindful eating stems from the broader practice of mindfulness, a centuries-old philosophy used in many religions. Mindful eating focuses on the present eating experience with heightened awareness beyond the self, and without judgment.

Strategies
Stay away from diet mentality; trendy diets are not sustainable, and their goal is not overall wellness.
Honour your biological hunger and satisfy it with adequate energy as soon as you get the first signal.
Deal with emotional hunger by distraction, comfort, nurture, socialising and sharing. Food cannot fix emotional problems.
Make peace with food. Do not deprive yourself of food you like as it can trigger cravings. Eat moderately, reduce gradually.
Avoid food policing and unreasonable diet rules. Occasionally, it is ok to have your favourite chocolate.
Listen to your body for fullness signals. Eat slowly, chew the food till it mixes well with saliva, pause in the middle of eating. It takes 20 minutes for the brain to get a signal from the stomach that it is full. Observe how the body feels after eating.
Focus on food, learn to enjoy food, make eating an enjoyable experience.
Feel the food with all your senses.
Respect your body and listen to it; accept your genetic blueprint. Do not be overly critical about the size and shape of your body.
Don't worry about following a rigid exercise routine. Be active, even doing household chores is an exercise. Make sure you feel energised all the time.
Have maximum biodiversity in the food you eat. Try eating different types of foods and learn to enjoy them.

—Vilas Shirhatti, nutrition consultant, Femina

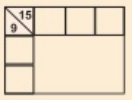
Chai-Time

SOLVE IT IN A MINUTE

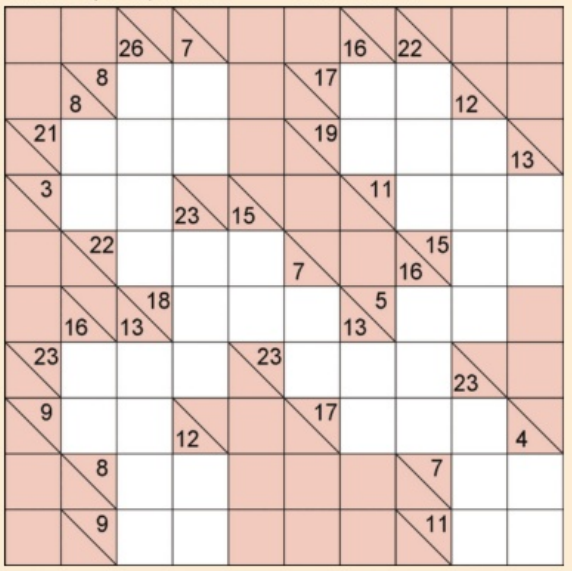
Paul's age is 60% of Frank's age. In 15 years, Paul's age will equal 80% of Frank's age. The sum of their ages now is?

Kakuro

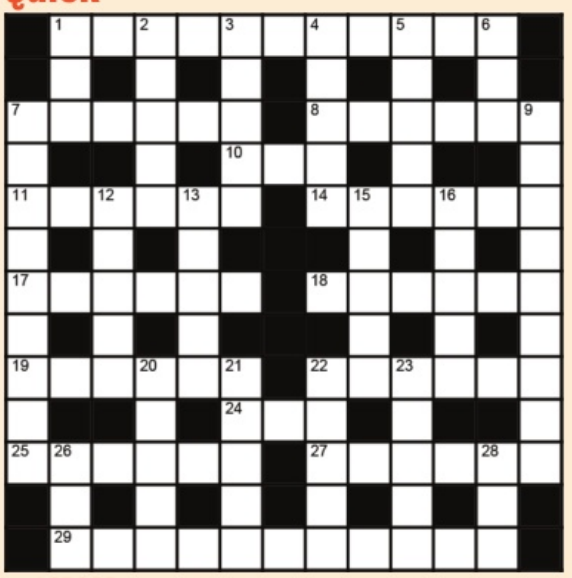
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Heard a case (11)
7 Semiconductors with two terminals (6)
8 Turn of phrase (6)
10 Hardwood tree (3)
11 Gentlemen's gentlemen? (6)
14 Something to deaden impact (6)
17 Stare at (6)
18 Mighty (6)
19 Ebbing or reducing in intensity (6)
22 More than one (6)
24 Internet addresses (3)
25 Subsided like storm (6)
27 Sailing boats (6)
29 Words, words words, one needn't be scared of it! (5,6)

DOWN

1 Ex-India batsman Mushtaq ___ (3)
2 Member of the judiciary (5)
3 Prescribed amounts (5)
4 Move higher (5)
5 Burglar (5)
6 Indistinct (3)
7 Former Karnataka Chief Minister who went on to become Prime Minister of India (4,5)
9 Contends, endeavours or conflicts (9)
12 Boston's airport (5)
13 Claw (5)
15 Up to the time (5)
16 Milled wheat? (5)
20 __ ___ form: in good nick (2,3)
21 Dizzy (5)
22 ___ out : make nervous ? (5)
23 Cousin's dad (5)
26 Cricket sundry (3)
28 Chiding sound (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS T

UL UH CFCB QCLLCO LT GVL ESUVZDK GBM COO LPGB LT PCHULGLC SBLUD LPC LUYC TJ GVLUTB UH WGHL.

Linemaro

Is your dad Liam Neeson? Because I am Taken with you

Mindchow

The secret of life is to fall seven times and get up eight times

Joke of the day

When I was young I used to think that money was the most important thing in life; now that I am old, I know it is.

Loop

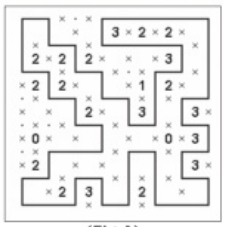
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

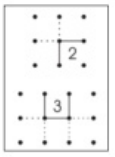
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

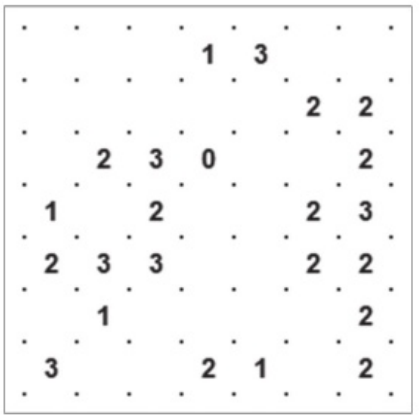
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



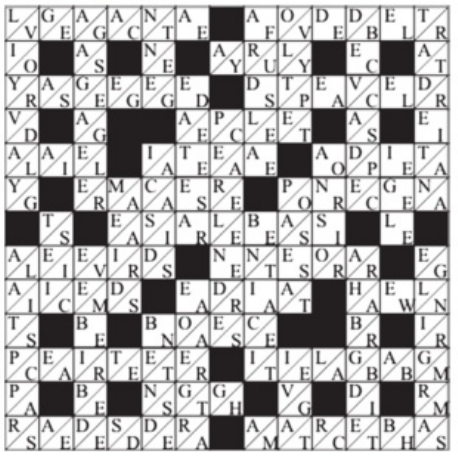
(Fig A)



(Fig B) Not Allowed



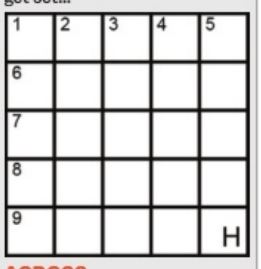
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Laced; 6 Caper;
7 It nor; 8 Cost I;
9 H Corp

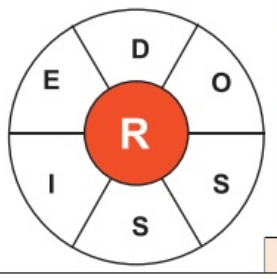
DOWN

1 Scrip; 2 Olent;
3 Croat; 4 Acrid;
5 Cop he

Mensapuzzle

Which number replaces the question mark and completes the chain?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **11** Good; **13** Outstanding

SudokuChallenge

		2				3		
			2	7	9			
	4	5	1		8	7	2	
	7	8		4		9	3	
	3	4		5		1	7	
	9	1	7		4	6	5	
			8	9	6			
		7				4		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 10
3 5 7 9

Medium = 9
2 3 6 9

Hard = 24
2 3 7 9

Hocusfocus

Find at least six differences in details between panels.

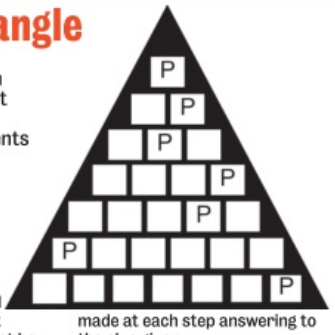
Differences: 1. Hair is different. 2. Doorway is missing. 3. Hat is different. 4. Collar is missing. 5. Ear is different. 6. Sleeve is different.

Riddler

Which tree is the most difficult to get along with?

Alpha triangle

1 16th letter
2 Arith. Progression
3 Fashionable resort
4 Carpentry tool
5 Stringed instruments
6 Church district
7 Zeppelin

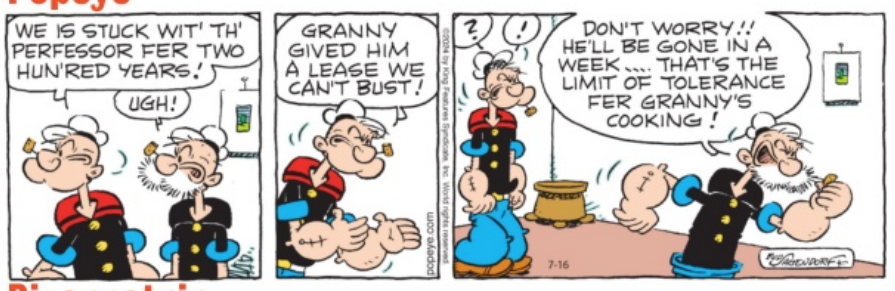


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

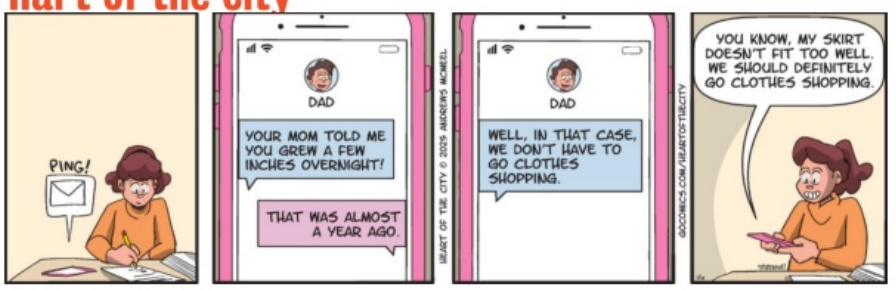

WE IS STUCK WIT' TH' PERFESSOR FER TWO HUN'RED YEARS!
UGH!
GRANNY GIVED HIM A LEASE WE CAN'T BUST!
DON'T WORRY!! HE'LL BE GONE IN A WEEK .... THAT'S THE LIMIT OF TOLERANCE FER GRANNY'S COOKING!
7-16

Bizarrotrip

My modeling experience includes restroom doors, crosswalk signals and profile image placeholders.
Wayno & Piraro 1-6-25
BIZARRO.COM

Diamond Lil

Hart of the city


PING!
DAD
YOUR MOM TOLD ME YOU GREW A FEW INCHES OVERNIGHT!
THAT WAS ALMOST A YEAR AGO.
DAD
WELL, IN THAT CASE, WE DON'T HAVE TO GO CLOTHES SHOPPING.
YOU KNOW, MY SKIRT DOESN'T FIT TOO WELL. WE SHOULD DEFINITELY GO CLOTHES SHOPPING.

Crankshaft

THE SCHOOL BUS DRIVER SHORTAGE IS BECOMING ACUTE, AND AS A RESULT, OVERCROWDING ON THE BUSES THAT WE DO HAVE DRIVERS FOR IS A REAL PROBLEM!
WHAT IF WE DO WHAT ED DOES AND DRIVE SO FAST THAT THE KIDS CAN'T CATCH THE BUS?
NO, THE SCHOOL BOARD HAS RULED OUT USING ZOOM!
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
The Moon's energy is unfavourable today, which may leave you feeling unwell or low. Health issues could arise, so take it easy. Avoid making new business investments, as losses are possible. Students should stay grounded and focus on hard work instead of daydreaming. Also, be cautious while driving—no rushing today.

Taurus Apr 21 – May 20
Today brings peace of mind. You'll likely be engaged in pleasant moments with friends and family. Domestic life feels harmonious, and your bond with your spouse may strengthen. A new partnership may emerge in business, and innovative ideas can help things grow. Past conflicts in partnerships may finally be resolved.

Gemini May 21 – Jun 21
Your health is on the mend, which boosts your mood. You may gain control over unnecessary expenses, and new income opportunities could arise, improving your financial stability. For singles, there's a chance of meeting someone special within your community.

Cancer Jun 22 – July 23
The Moon supports you today, filling you with energy and focus. You'll perform efficiently at work and might help someone in need, enhancing your reputation. Intellectual pursuits will attract you, and you may even start planning for higher education to advance your career.

Leo Jul 24 – Aug 23
You may feel impatient or lack confidence until evening, which could affect your productivity. Concerns over a parent's health or children's behaviour might weigh on you. Try not to scatter your energy. It's wise to hold off on risky investments for now.

Virgo Aug 24 – Sep 23
Happiness is on the horizon. You might plan for a work-related trip abroad, which could benefit your business. Spending on luxury items could enhance your lifestyle, but be careful not to get swept up in glamour or fall into unhealthy habits that might hurt your finances.

Libra Sep 24 – Oct 22
Watch your words today—speaking harshly could upset your family dynamics. You may also be tempted to spend on unnecessary items just to keep up appearances. Try to keep your money safe and avoid impulse purchases.

Scorpio Oct 23 – Nov 22
You may be focused on your child's education or extracurricular pursuits. Seeking guidance from advisors or specialists could help in making career-related decisions. Some positive news regarding results may come your way, and you might consider investing in your family business.

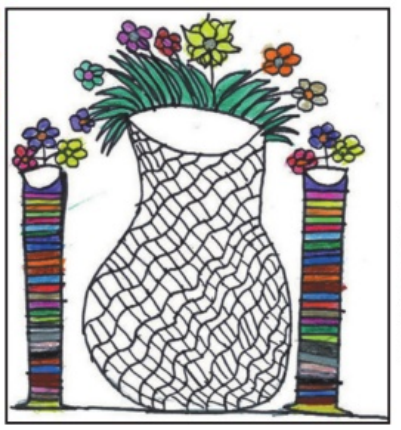
Sagittarius Nov 23 – Dec 22
Keep your speech in check today and be cautious of hidden enemies or office politics. Avoid investing in high-risk assets, and don't lend money—it might not come back easily. Meditation and yoga can help reduce stress. Lovebirds should steer clear of unnecessary drama, and students must stay focused.

Capricorn Dec 23 – Jan 20
Good news may come for job seekers—new job offers or promotions could be on the table. Business owners might attract new clients, boosting profits. Singles could meet someone special. Be open with your spouse—hiding things might create distance in your relationship.

Aquarius Jan 21 – Feb 19
Professional success is likely today. Projects you've been working on may start showing profitable results. Gains from past investments may arrive. Your creativity will support skill improvement, and job seekers might find a good match. Students can regain focus through introspection. Emotional bonding with your spouse also deepens.

Pisces Feb 20 – Mar 20
The first half of the day might feel challenging. However, things should improve by afternoon with the help of the elders' blessings. Your willpower will support the completion of delayed tasks. Avoid domestic arguments. By evening, financial gains from past investments could arrive.

KIDZONE



Mugdha R Urs, 9 Years, Baldwin Girls High School

Nischal S P, 12 Years, Sri Sri Ravishankar Vidya Mandir

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Let Frank age be F
Paul's age = 0.6F
In 15 yrs Frank age
F+15
Paul will be 0.6F+15
0.6F+15=(F+15)0.8
0.6F+15=0.8F+12
0.2F=3
F=15
P=9
Sum=24

RIDDLER
A crab tree

P	O	R	C	H
S	T	O	I	C
I	N	T	R	O
R	E	C	A	P
C	L	A	D	E

FAST FIVE

BULL'S EYE
dire, doer, DOSSIER, dress, rise, rode, rose, sire, sired, sore

STRIKE OUT

R	E	D	S	E	A	M	A	R	T	H	A			
A		E	N	T	H	V	I	M						
C	A	R	T	E	R	T	E	A	B	A	G			
L	I	L	A	T	E	E	O	D	E	A				
D		G		E	P	E	E	A		I				
R	A	G	G	E	D	S	P	A	C	E	D			
O	A	E	Y	U	L	E				T				
L	E	G	A	T	E	F	O	D	D	E	R			

QUICK

MENSA PUZZLE
24. Working clockwise around the diagram, add the first two numbers together and subtract 3 to give the next number along.

QUOTE UNCODE
It is even better to act quickly and err than to hesitate until the time of action is past.

SUDOKU

2	6	7	5	1	3	4	8	9
4	5	3	8	9	6	2	1	7
8	9	1	7	2	4	6	5	3
6	3	4	9	5	2	1	7	8
1	2	9	3	8	7	5	6	4
5	7	8	6	4	1	9	3	2
9	4	5	1	3	8	7	2	6
3	1	6	2	7	9	8	4	5
7	8	2	4	6	5	3	9	1

ALPHA TRIANGLE
P, AP, SPA, RASP, HARPS, PARISH, AIRSHIP.

GO FIGURE
Easy
3 – 7 + 5 + 9 = 10
Medium
2 x 9 – 6 – 3 = 9
Hard
7 x 3 – 9 x 2 = 24

LOOP

KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Auto driver's story

Rickshawchalaka has joined the list of movies based on auto rickshaw drivers. Its teaser and audio were released at Renukamba Preview Theatre recently. Chiranth makes debut as a hero in Sandalwood with this movie. His brother Ayush Shashikumar has directed the movie, while his mother Sharavathy Shashikumar has bankrolled it.

Chiranth thanked his brother and mother for encouraging and supporting him to act in the movie. "I came across the problems and difficulties of auto rickshaw drivers during the lockdown. This movie highlights the problems of a sincere auto driver. I play the lead in the movie. My father is a choreographer. I learnt dance under his guidance," Chiranth said.

The movie was shot in and around Mysuru, Varuna, KR Nagar, Saligrama and Murudeshwar. "We are dedicating this movie to the late Puneeth Rajkumar," he said.

Ayush Shashikumar said he used to accompany his father to movie shooting locations. "I also met stunt choreographer Different Danny at the shooting location. I bunked classes to attend movie shootings during my school days. We conducted auditions to select the cast. Athishay Jain has scored music for this movie. It is a family and action film and it got a UA certificate from the censor board," he said.

Based on real incident

Producer-cum-director V Kumar has been busy with the preparations to release his maiden movie Preethiya Huccha. V Krishne Gowda, president of Kannada Film Chamber of Commerce, unveiled the trailer of the movie recently. V Kumar, apart from handling the megaphone, has bankrolled the movie under the Kumar Movies banner.

Thanking Krishne Gowda, director-cum-producer Kumar said that he narrated the script to many producers but in vain. "Finally, I decided not only to direct the movie but also to bankroll it. The script is based on a real incident that took place in 1990 at a village between Arsikere and Shravanabelagola. It narrates how a Dalit woman was treated by upper caste people. Around 60 girls attended the audition and finally Kumkum Harihara got selected to play the lead role," the director said.

He said the movie revolves around an innocent girl who gets sold to a brothel in Mumbai on the first day of her marriage. Producer Nandakumar said that he has watched the movie Preethiya Huccha. "I agreed to distribute the movie as its story is unique and interesting. The director and producer of this movie has worked hard," he said.

Troll hunter

Mouni reveals the best way to negate trolls is to ignore their existence

Mouni Roy, renowned for her memorable roles in several TV shows and films, often finds herself at the centre of social media trolling. The actress has been recently in the news after she was spotted at the trailer launch of her movie 'The Bhootni'. Netizens trolled her for plastic surgery which seemed to have gone wrong.

During a recent event, Mouni addressed the paparazzi with confidence when asked about handling hateful comments on social media recently. She stated, "Nothing. I don't see it at all. Let everyone do their job...I do not pay attention to such remarks. If you hide behind a screen to troll others and if you find happiness in that, so be it."

The actress sparked interest with a recent Instagram reel featuring her in a stunning strapless black gown and fresh bangs. The video received considerable attention, with many fans complimenting her appearance.

However, some viewers speculated about potential cosmetic procedures, such as Botox for her forehead or lip enhancements, citing what they perceived as a dent in her appearance.

On the professional front, Mouni Roy is set to captivate audiences with her role as Mohabbat', a chilling ghost, in the upcoming horror action-comedy 'The Bhootnii'. The film boasts a talented ensemble cast, including Sanjay Dutt, Sunny Singh, Palak Tiwari, Beyounick, and Aasif Khan. 'The Bhootnii' is slated to hit theaters on April 18, 2025. —ETimes

Swiss getaway

Bollywood actress Sara Ali Khan is not just enjoying the snow-capped beauty of Switzerland but also playing the perfect sister as she turns photographer for her brother, Ibrahim Ali Khan.

The sibling duo, known for their strong bond and playful camaraderie, are currently vacationing in the Alps, and Sara has been capturing picture-perfect moments of Ibrahim. The 'Simmba' actress turned into an in-house photographer for her younger brother, capturing candid and stylish moments of Ibrahim against the breathtaking Swiss backdrop.

On Sunday, Ibrahim took to his Instagram handle and shared a few images of himself. In the first photo, he is seen sitting in a restaurant, striking a straight pose. In the next, Sara and Ibrahim are seen sitting together, with the actress capturing the beautiful view on her phone. The last image shows Saif Ali Khan's son standing and posing for the camera.

Ibrahim tagged the location as Interlaken, Switzerland. The brother-daughter duo shares a close bond, often delighting fans with glimpses of their playful moments on social media, showcasing the warmth and strength of their sibling connection. — IANS

Precious gift

Janhvi Kapoor has become the proud owner of a sleek lilac Lamborghini, which was delivered on Friday, April 11. The luxurious vehicle, priced between Rs 4 crore and Rs 4.99 crore, was a thoughtful gift from her close friend Ananya Birla, enhancing

A viral video captured the moment when Janhvi's new car was driven to her Mumbai residence. The car was accompanied by a large lilac gift box with a tag that read, "With love etc. Ananya Birla."

Janhvi and Ananya Birla have shared a long-standing friendship. Ananya, the daughter of Kumar Mangalam Birla and Neerja Birla excels as both an entrepreneur and a music artist. She launched her music career with her debut single 'Livin' the Life' in 2016. Her subsequent releases, including 'Meant to Be', marked her as the first Indian artist to achieve platinum status for an English-language single in India. —ETimes

Gigi opens up about keeping Khai's face off social media

Supermodel Gigi Hadid has expressed her heartfelt gratitude to fans for respecting the privacy she and former partner Zayn Malik have maintained around their daughter, Khai. The couple, who have chosen not to share their four-year-old's face on social media, received renewed support after Gigi's recent Instagram post.

Recently, Hadid shared a series of photos of Khai enjoying simple childhood moments, riding a bike and tracing letters, all without revealing her face.

Hadid first publicly addressed this approach in 2021 when she issued a plea to both fans and media outlets. She had said on Instagram, "Our wish is that she can choose how to share herself with the world when she comes of age...without worrying about a public image that she has not chosen," as per E! News. —ANI